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ABSTRACT

This volume presents a curriculum developed specifically to develop the social, emotional, and organizational skills of individuals with Asperger's Syndrome or high functioning autism. The book offers ideas and techniques drawn from various disciplines including cognitive behavioral therapy, applied behavioral therapy, education, and occupational therapy. The curriculum is broken up into 20 programs, each designed to provide in-depth teaching with reinforcement through repetition and skill building over a period of months to years. Emphasis is on generalization of skills through application in real-life situations and teamwork by parents and professionals. The basic principle underlying the programs is that of breaking tasks down into small incremental steps. The book's sections can be used independently but the programs within each section are designed for sequential presentation. Section 1 presents six programs to develop skill in recognizing and coping with one's own emotions. Section 2 offers 12 programs to develop communication and social skills. Section 3 discusses abstract thinking skills and offers a program concerned with figurative speech. Section 4 is about behavioral issues and includes a program to develop compliance. Five appendices include student handouts, templates, program tracking forms, a list of resources, and a glossary of terms. (DB)

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